

**ABSTRACT**

The present invention is directed to preventing or retarding a transition to hemodialysis treatment in kidney failure, or decreasing the number of implementations of hemodialysis therapy, and preventing or lessening the occurrence of accompanying hyperammonemia in hepatic insufficiency. To accomplish the objectives described above, a food composition of the present invention is composed chiefly of indigestible polysaccharides, with addition of restricted amounts of protein components. Energy produced by exploiting the indigestible polysaccharides contributes to fungal protein synthesis using, as an N-source, urea or ammonia secretion into the intestine and excretion of proliferated bacteria with feces, so that the concentration of nitrogen-containing low-molecular weight substances in the blood is lowered, thereby improving disorders of the kidney and liver.